VITALITY™ STRENGTH SELECTORIZED

Abdominal / Back Extension

VSL028BP



The Vitality™ Strength Selectorized line provides a compact, value-priced conditioning circuit that fits the space and budget requirements for a wide range of facilities, from hospitality to multi-family residential to community centers. New contemporary styling allows you to enhance the Vitality Strength Selectorized training experience with pieces from Vitality Benches & Racks and Resolute Strength™ Selectorized.

The Vitality Abdominal / Back Extension is designed so exercisers can perform two exercises in one space saving machine. The padded shoulder straps adjust with the exerciser's body providing comfort. Multiple foot platforms accommodate both movements. Exercisers can easily engage the add-on weight with a simple push of a lever to increase the work load.









PRECOR®

PRECOR.COM

© 2025 Precor Incorporated.

VITALITY™ STRENGTH SELECTORIZED

Abdominal / Back Extension

VSL028BP

Product Features



FOCUS ON COMFORT

The padded shoulder straps adjust with the exerciser's body throughout the abdominal movement.

ADJUSTABLE START POSITION

The easy position adjustment offers two start positions for the Back Extension and one for the Abdominal and can be easily adjusted from the seated position.

TWO EXERCISES, ONE UNIT

A dual-function unit saves valuable space by combining two core movements - abdominal and back extension - in one machine.

HELPFUL GUIDANCE

The conveniently located instructional placard provides step-by-step guidance on body position, movement and muscles worked.

Specifications

Dimensions (L x W x H): 60 x 41 x 61 in / 152 x 104 x 155 cm

Product Weight: 474 lb / 215 kg

Weight Stack: 200 lb / 91 kg

Add-on Weight: 5 lb / 2.5 kg

Frame and Finish: Heavy-duty steel tubing is welded in all structural areas to withstand the most demanding training environments. Powder coated frame.

Warranty: Visit www.precor.com for warranty terms.

Color Options*

Frame	Upholstery
Black Pearl	Black

*Colors may vary.

© 2025 Precor Incorporated.

PRECOR®
PRECOR.COM